

## NE LESSON CODE CH-000-19

### Let's Read! *We Like to Nurse*

By Chia Martin

#### OBJECTIVES

This lesson teaches children that mommies nurse their babies just as animals nurse their young. It is appropriate for children ages 2–4. It can be used as a children's nutrition class or as an activity for children while their parents are in nutrition classes, or it may be taught in community preschool, kindergarten, and child-care facilities.

The children will be able to:

- say if baby animals like to nurse and
- say if baby humans like to nurse.

#### MATERIALS

Book: *We Like to Nurse* by Chia Martin (1995), ISBN 0-934252-45-9, available in English and Spanish. It may be purchased from Hohm Press for \$9.95 at P.O. Box 2501, Prescott, AZ, 86302 or by calling 1 (800) 381-2700.

#### **Note about new lesson survey forms:**

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10–20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece  
Texas Department of State Health Services  
Nutrition Services Section  
1100 W. 49th Street  
Austin, TX 78756

## TIPS FOR READING TO CHILDREN

Sit on the floor with the children close around you so that everyone can see the pictures as you read *We Like to Nurse*. If the class is small, you may let the children take turns helping you turn the pages of the book as you read.

Children may interrupt and point to the pictures or talk about them as you are reading. The more involved they are in the story and pictures, the more they will enjoy the lesson.

Read with feeling and interest. If you show great interest, they will be more likely to listen. As you turn to each new page, ask the discussion questions listed or other questions that will help them identify with the picture. You do not have to ask every discussion question listed.

## ICEBREAKER

Ask the children: **How many of you have ever seen puppies or kittens nursing or drinking milk from their mommies?**

**Have you ever been to the zoo and seen mommy animals feeding their babies?** Allow the children time to respond.

## INTRODUCE THE BOOK

Hold up the book *We Like to Nurse*. Tell them the name of the author and illustrator. Then say:

**When babies drink milk from their mommies, it is also called *nursing*. So another way to say, “we like to drink milk from our mommies” is “we like to nurse.” Babies love to nurse from their mommies. Does anyone know what these animals are on the cover of this book?** Allow the children time to respond.

**They are panda bears — a mommy and a baby panda bear. What is the baby panda bear doing?** Allow the children time to respond.

**The baby panda bear is eating or nursing from his mommy. Do you think baby panda bears like to nurse?** Allow the children time to respond.

**Yes they do. Baby panda bears like to nurse.**

## DISCUSSION QUESTIONS

1. **Open the book and read the first page, then discuss the illustration. Does it look like the baby and mommy monkey are hugging each other? Do you think the baby monkey likes to nurse?** Allow the children time to respond, then say:

**Yes they do. Baby monkeys like to nurse.**

2. Turn the page, read it, and discuss the illustration. **Look at the baby elephant nursing from his very big mommy. Do you think he likes to nurse?** Allow the children time to respond, then say:

**Yes. Baby elephants love to nurse.**

3. Turn the page, read it, and discuss the illustration. **How many baby leopards does this mommy have? Do you think they like to nurse?** Allow the children time to respond to each question, then say:

**Yes. Baby leopards really like to nurse.**

4. Turn the page, read it, and discuss the illustration. **Do you think baby giraffes like to nurse?** Allow the children time to respond, then say:

**Yes. Baby giraffes like to nurse, too.**

5. Turn the page, read it, and discuss the illustration. **Do you think baby llamas like to nurse in the cool mountain breeze?** Allow the children time to respond, then say:

**Yes. Baby llamas like to nurse, too — even when it's warm out.**

6. Turn the page, read it, and discuss the illustration. **This is the mommy and baby panda bear from the cover of the book. We already know they like to nurse, don't we?**

7. Turn the page, read it, and say: **And baby zebras — they like to nurse just like baby monkeys, elephants, leopards, giraffes, and llamas.**

8. Turn the page, read it, and discuss the illustration. **Do you see the piles of hay in the background? Do you think the baby cow eats the hay?** Allow the children time to respond to each question, then say:

**Baby cows don't start eating hay until they get bigger, like the mommy cow. Until then, they like to nurse.**

9. Turn the page, read it, and discuss the illustration. **How many piglets does the mommy pig have? Since piglets wag their tails while they nurse, do you think that means they like to nurse?** Allow the children time to respond to each question, then say:

**Yes, they do. Baby piglets wag their tails while they nurse. Isn't that funny?**

10. Turn the page, read it, and discuss the illustration. **How many puppies does the mommy dog have? Do the puppies have spots on them like their mommy? Do puppies like to nurse?** Allow the children time to respond to each question, then say:

**Of course, puppies also like to nurse.**

11. Turn the page, read it, and discuss the illustration. **How many lambs does the mommy lamb have? What colors are they? Do you think they like to nurse?** Allow the children time to respond to each question, then say:

**Absolutely! Baby lambs like to nurse, too.**

12. Turn the page, read it, and discuss the illustration. **How many kittens does the mommy cat have? Since kittens purr while they nurse, do you think that means they like to nurse?** Allow the children time to respond to each question, then say:

**Oh, yes. Kittens love to nurse.**

13. Turn the page, read it, and discuss the illustration. **Does the colt or baby horse have spots like his mommy? Do you think he likes to nurse?** Allow the children time to respond to each question, then say:

**Yes. Baby horses like to nurse, too.**

14. Turn the page, read it, and discuss the illustration. **Look at the mommy nursing her baby. Do you think her baby likes to nurse?** Allow the children time to respond, then say:

**Oh, yes, they do. Just as baby animals like to nurse, human babies like to nurse, too. That means *all* babies like to nurse.**

## ACTIVITY

Ask the children to pretend that they are mommies nursing their babies. Show them how by pretending you are holding a baby in your arms or by using a stuffed doll or animal. If you have extra stuffed dolls or animals, pass them out to the children so they can have pretend babies, too. While you demonstrate, say to the children:

**Look at your baby. Babies love to look at their mommies when they are nursing. Do you think your baby likes to nurse?** Allow the children time to respond, then say,

**Yes, they do. All babies like to nurse.**

## CLOSING

Thank the children for helping you read the book *We Like to Nurse*.

Give parents the handout “Let’s Read at Home! We Like to Nurse” and accompanying activity sheets to take home with them.

# Let's Read at Home!

## *We Like to Nurse*

Here are some things you can do with your children at home to teach them that breastfeeding is the normal and natural way to feed babies.

1. Read *We Like to Nurse*, by Chia Martin, at home with your children. You can borrow the book from your local library. Your children will probably enjoy reading the book many times. Give them a doll or stuffed animal so they can pretend to nurse their own baby while you are reading the book.
2. Play the mommy-and-baby matching game with your children. Allow them to color the pictures, then help them cut out the pictures and tape the baby to the mommy.
3. If you see your children pretending to feed a doll or stuffed animal with a bottle, encourage them to pretend feeding their babies the natural way. Use another doll or stuffed animal and pretend with them to show them how to do it.
4. If you have more than one child, nurse your baby in front of your older children so they can see that breastfeeding is the normal way to feed babies. This is the best example you can give. Tell your older children how long they were breastfed. Allow them to sit beside you and nurse their dolls or stuffed animals while you nurse their brother or sister.

**Staff Lesson Survey Form**  
**NE LESSON CODE CH-000-19**  
**Let's Read! We Like to Nurse**

LA no. \_\_\_\_\_

Date \_\_\_\_\_

**Please check only one answer.**

**1. How responsive were children when you were reading to them? Circle one:**

- a. very responsive
- b. somewhat responsive
- c. somewhat unresponsive
- d. not responsive

**2. How interested were the children in doing the activity after the lesson? Circle one:**

- a. very interested
- b. somewhat interested
- c. somewhat uninterested
- d. not interested

**3. Did most parents take the activity sheets home?**

- a. yes
- b. no

**4. How did parents respond to the class? \_\_\_\_\_**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5. What comments do you have on the lesson and activities? \_\_\_\_\_**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Texas Department of State Health Services  
Nutrition Services Section  
1100 W. 49th Street  
Austin, TX 78756

**Participant Lesson Survey Form**  
**NE LESSON CODE CH-000-19**  
**Let's Read! *We Like to Nurse***

**Circle one answer to each question 1–5:**

**1. Do you like having books read to your children during WIC class?**

yes

no

**2. Did the class help your child learn more about eating well?**

yes

no

**3. Will you do any of the activities on the handout at home with your children?**

yes

no

**4. Do you read with your children now?**

yes

no

**5. After the reading class, are you more interested in reading to your children?**

yes

no

**6. If you have any comments on the reading class, please tell us:**

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**Thank you for your time!**